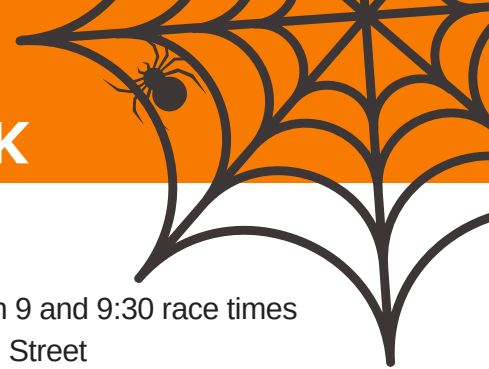


# SECOND ANNUAL WICKED WEIRD AND TOTALLY FREAKY TRICK OR TREAT TROT BY THE LAKE 5K/10K



Complete this form in its entirety and return it to The Progress Center by October 21st  
or register online at [www.runsignup.com](http://www.runsignup.com) under Wicked Weird

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Gender: \_\_\_\_\_ Birth Date: \_\_\_/\_\_\_/\_\_\_ Age on Race Day \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

**When:** October 29th; 8am Registration 9 and 9:30 race times

**Where:** Norway Town Office, Danforth Street

**5k:** \$25 or \$10 for 13 and under

**10k:** \$35 or \$10 for 13 and under

**Wicked Walk (fun walk)\*:** \$10 for all ages and abilities

**T-Shirts:** The first 125 paid/registered (before 09/30/16) race participants will receive one free event t-shirt. Registrations made after 09/30/16 may purchase shirts for a fee on the day of the event. \*Wicked Walk participants will not receive a shirt with registration, however, a 10% discount is available for those that want to buy a shirt and pre-registered for the Wicked Walk.

**Course:** go to [progresscentermaine.org](http://progresscentermaine.org) for race course details

**Awards:** Awards will be handed out in each age category for both male and female race participants in the 5k and 10k only. Our guest panel judges will decide the winner of the costume contest.

- \$100 cash for the first place 5k male and female
- \$100 cash for the first place 10k male and female
- \$25 cash for the first, second, third place costume contest

**Timing:** Shoe tags must be returned to the race director at the end of the race or a fee will be charged to the owner of the bib number.

**Sponsorships:** Any businesses interested in sponsoring the event please contact Miranda at 207-743-8049 x 266.

Please register each participant individually. Teams include 8 or more racers are asked to complete the Team Registration Form. Teams can be walkers or runners in either the 10k or 5k. Team Forms or additional forms are available to print at [progresscentermaine.org](http://progresscentermaine.org)

**Circle one:** 5k: \$25 10k: \$35 13 and under \$10

**Tee-Shirt:** S M L XL (adult sizes) **Wicked Walk\* 10% \$9:** S M L XL (adult sizes)  
(Free t-shirt for the first 125 racers registering BEFORE 9/30/16 )

## Waiver

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of the race office relative to my abilities to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or extreme cold, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. All fees are nonrefundable. Race will take place rain, shine or snow. In the event of extreme weather conditions or some other unforeseen act of God that may prohibit the race, all fees are nonrefundable. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the event and all sponsors, their representative and successors from all claims or liabilities of any kind arise out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I am signing for a minor or an individual under guardianship

Proceeds: To benefit The Progress Center's mission of supporting adults and children with intellectual and physical disabilities achieve the highest possible level of independence and freedom of choice.

For More Information:  
Contact: Miranda Ward  
743-8049 x 266  
[mirandaward@progresscentermaine.org](mailto:mirandaward@progresscentermaine.org)

The Progress Center, Inc.  
35 Cottage Street, Norway, ME 04268  
[progresscentermaine.org](http://progresscentermaine.org)